

FIGURE RULES

NBPFA PROVINCIALS & SJ FALL CLASSIC

JUDGING CRITERIA/RULES

The figure competitor must present an athletic, symmetrical and fit physique.

Throughout the comparisons, figure competitors are being judged as a “Total Package”. The judge should first assess the overall athletic appearance of the physique. This assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair and makeup; the overall athletic development of the musculature; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete’s ability to present herself with confidence, poise and grace. The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavors and diet. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or striations. Physiques that are considered either too muscular or too lean must be marked down. The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance, and without cellulite. The hair and makeup should complement the “Total Package” presented by the athlete.

Judges are aware that they are judging a women’s FIGURE competition and not WOMEN’S PHYSIQUE competition. The type of muscularity, vascularity, muscular definition, and/or dieted leanness displayed by Women’s Physique athletes will not be considered acceptable if displayed by a Figure competitor and therefore, must be marked down.

Judges assess the competitor’s entire presentation, from the moment she walks onstage until the moment she walks offstage. At all times, the figure competitor must be viewed with the emphasis on a “healthy, fit, athletic” physique, in an attractively presented “Total Package”.

Judges assess the competitor’s posture and at all times while onstage. The overall image displayed should demonstrate poise, femininity and self-confidence. This is especially true at all times when the competitor is standing in the line-up and during the comparisons of the quarter turns. When standing in the line-up the competitors shall be warned against adopting a tense pose, with arms flexed and out to the side, displaying the muscularity. A relaxed stance in the line-up means that the competitor will: stand erect, front to the judges, with arms hanging at the side and feet together, or stand with the body slightly turned, left side to the judges, so the start number of a competitor will be clearly visible, right hand resting on the hip and left leg slightly moved forward and to the side. Head and eyes towards the front, shoulders back, chest out, stomach in.

SHOES & ATTIRE

Competitors must wear high heels (any style or color but in good taste), platform high-heels not recommended and soles should be up to a **MAXIMUM** of $\frac{1}{2}$ inch. There are no height restrictions on shoes. Competitors may also wear jewelry and hair may be styled. Athletes are expected to have a natural and healthy looking tan.

Competitors will compete in a two-piece suit of any color and pattern. The bikini bottom must cover a minimum of $\frac{1}{2}$ of the gluteus Maximus and all of the frontal area. As well, the bottom of the suit must be V shaped and strings and thongs are strictly prohibited. Athletes will be warned about improper suits and are advised to bring two (2) suits to check in and athletes will be scored down if the suit is not up to standard. Competitor's attire must meet an acceptable standard of taste and decency. If these standards are not met, the official has the right to remove the competitor from stage and have them change attire.

Please Note: NBPFA contests do not permit Figure competitors to cross over into Women's Physique or Bikini at the same event. Figure competitors will be checked in and measured at registration.

PREJUDGING PROCEDURE

1. Each competitor will be called out individually and will enter the stage from **UPSTAGE RIGHT OR UPSTAGE CENTER** (depending on Venue Set-up).
2. **For UPSTAGE RIGHT entry**, competitors will walk straight ahead across the back of the stage, stop half-way and turn right walking towards the **DOWNSTAGE CENTER** direction.
3. **For UPSTAGE CENTER entry**, competitors will walk straight ahead towards the downstage center direction.
4. When you reach the square where an X is clearly marked, perform 1 pose of choice (back not recommended), then proceed to the side of the stage.
5. There will be two (2) slanted lines clearly marked and located **CENTER STAGE LEFT** and **CENTER STAGE RIGHT**. You will be directed by the stage marshal to line up on one of those slanted lines (to the left or right).
6. This process is repeated until all competitors are called on stage and lined up on either side to prepare for judging.
7. For 7 competitors or less, all competitors will be called to center stage for comparisons.
8. For 8 Competitors or more, in numerical order, groupings of 5 or 6 competitors or less will be called in numerical order and repeated for the next group.
9. In the group comparisons, Chief Judge will call out the mandatory $\frac{1}{4}$ turns.
 - a. **FRONT POSITION:** Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm out of the body, hands slightly cupped.

- b. **QUARTER TURN RIGHT** (left side to the judges): Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm kept slightly back from the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm kept slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated.
- c. **QUARTER TURN BACK**: Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm out of the body, hands slightly cupped.
- d. **QUARTER TURN RIGHT** (right side to the judges): Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm kept slightly back from the centerline of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm kept slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated.
- e. **QUARTER TURN FRONT POSITION**: Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm out of the body, hands slightly cupped.

** Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.*

10. For 8 competitors or more, after the group has been compared, they will return to their original position on the slanted diagonal line (s). This process will be repeated until all groups have been compared.

11. Chief Judge will then conduct the group call-outs announcing numbers in no particular order. They will be called center stage to be compared. The competitors may be asked to move or change their original position if necessary.

12. As directed, facing the judges, the selected group will perform once again:

- a. FRONT POSITION
- b. QUARTER TURN RIGHT
- c. QUARTER TURN BACK
- d. QUARTER TURN RIGHT
- e. QUARTER TURN FRONT

SCORING & STAGE EXIT

While the judges finalize their scores, the selected group will exit UPSTAGE CENTER directed by the Stage Marshal and leave the stage at the center or at the right, depending on the venue. This process will be repeated for the next selected group call-outs.

EVENING FINALS (No scoring during evening finals)*

1. The MC will introduce each competitor individually and enter the stage from UPSTAGE RIGHT or UPSTAGE CENTER depending on the venue.
2. *For UPSTAGE RIGHT entry*, competitors will walk straight ahead across the back of the stage, stop half-way and turn right walking towards the DOWNSTAGE CENTER direction.
3. *For UPSTAGE CENTER entry*, competitors will walk straight ahead towards the downstage center direction.
4. When you reach the square where an X is clearly marked, perform 2-3 poses of choice (approx. 15 seconds).
5. You will be directed to proceed to the side of the stage where two (2) slanted lines will be clearly marked and located CENTER STAGE LEFT and CENTER STAGE RIGHT. Process repeated until all competitors have been introduced.
6. The top 3 finalists will be announced to FRONT CENTER STAGE and the MC will announce that the rest of the competitors to leave the stage. They will be directed by the stage marshal towards the UPSTAGE RIGHT or UPSTAGE CENTER exit.
7. The MC will then announce the placing's beginning with 3rd, 2nd, & 1st place awards. They will remain on stage for trophy presentation & pose for photos.

OVERALL

Each class winner (excluding Masters) will be called on stage in numerical order for the mandatory quarter turns. This will be scored and judged. The overall winner will be announced and photos of only the winner will be taken.

MANDATORY POSES

- FRONT POSITION
- QUARTER TURN RIGHT (LEFT SIDE TO JUDGES)
- QUARTER TURN BACK (FACING AWAY FROM JUDGES)
- QUARTER TURN RIGHT (RIGHT SIDE TO JUDGES)
- QUARTER TURN FRONT POSITION (FACING TOWARDS THE JUDGES)

NBPFA MANDATORY POSES - FIGURE



**POSE # 1
FRONT**



**POSE # 2
QUARTER TURN RIGHT
LEFT SIDE TO JUDGES**



**POSE # 3
QUARTER TURN RIGHT
BACK**



**POSE # 4
QUARTER TURN RIGHT
RIGHT SIDE TO JUDGES**

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